



14  
**S**usteine, absteine, kepe well in your minde  
 Beare and forbear, haue euer in remembraunce  
 For ye shall therby great quietnes finde  
 In all your life what soeuer doeth chaunce  
 It is the onely thing that may you auaunce  
 And make you to be esteemed verely  
 Among all other for the moost happy.



**B**ear trouble and payne, beare slander and blame  
 Beare wordes displeasunt, be they neuer so soure  
 Forbear ye in any wise to other to do the same  
 Forbear to reuenge though it be in your power  
 Let neuer your anger remaine with you an howre  
 Forbear your owne pleasure beare your neighbors miserie  
 And you of all other shalbe most happye.

**I**f ye be gaine saide forbear for a season  
 Forbear to resist when you thinke to offende  
 Beare others ignoraunce, forbear your owne reason  
 Till occasion be geuen you them to amende  
 Then utter your wisdom as God shall it sende  
 Obserue your times, and forbear discretly  
 And ye of all other shalbe most happye.

**B**ear Christes Crosse when it is laide on your backe  
 That is to saye all maner of aduersitie  
 Which when you in your owne person do lacke  
 Helpe other to beare that ouerladen be  
 Beare with them that beare with all humilitie  
 So shall this word be veresied accordingly  
 That ye of all other be the most happye.

**F**orbear rashe iudgement till the trothe be tryed,  
 Forbear all hastines, speake wordes of charitie,  
 Forbear extreme punishment, though the fault be spied,  
 To much in all thinges is counted iniquitie,  
 Temper your actes with susteine, absteine,  
 Beare, forbear, and then shall ye truely  
 Of all liuing creatures be the most happye.